

## Claims:

1. A mass produced universal dental appliance (1) suitable for use in a method of reducing facial aging, which appliance comprises two parts, the parts intended in use to contact the posterior teeth on respective opposite sides of either the upper or lower jaw, each part comprising a composite structure comprising:
- i) a first layer (2) formed a durable, resilient, elastomeric material having a softening point in the range from 35 to 100°C and which in use contacts and grips the occlusal biting surfaces of the posterior teeth; and
  - 10 ii) a second layer (3) formed from a durable, non-deformable material having a softening point over 100°C and which in use provides a bite plate;
- wherein the second layer of each part is provided with a protrusion (5), formed of durable, non-deformable material having a softening point over 100°C, which extends from at least 2mm up to 20mm from the surface (4) of the bite plate away from the first layer and which is positioned such that in use the protrusion extends from the surface of the bite plate above at least a part of the first and/or second molar teeth which are in contact with the first layer.
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2. An appliance as claimed in claim 1, wherein the protrusion is formed integrally with the second layer.
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3. An appliance as claimed in claim 1 or claim 2, wherein the protrusion is centrally located above at least a part of the first and/or second molar teeth.
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4. An appliance as claimed in any one of the preceding claims, wherein the width of the protrusion is less than the width of the molar teeth above which the protrusion is intended to be positioned.
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5. A method for reducing facial aging in an individual, which method comprises fitting an appliance as claimed in any one of the preceding claims over at least the posterior teeth on both sides of either the upper jaw or lower jaw of an individual, and exercising the lower jaw by repeatedly dropping the lower jaw and then lifting the lower jaw and forcing it to close against the upper jaw with the appliance between the teeth.

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6. A method as claimed in claim 6, wherein said exercising takes place for at least 3 hours per day, over a period of at least 4 weeks.

7. A method as claimed in claim 5 or claim 6, wherein said exercise takes place actively.

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8. A method as claimed in claim 7, wherein said exercising takes place when eating.

9. A method as claimed in claim 5 or claim 6, wherein said exercising takes place passively.

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